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Drug Education Resources Directory

Intermediate Resources: Grades 7-10

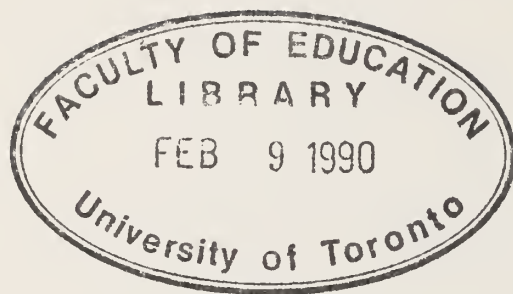
Compiled by
Barbara J. Steep



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DRUG EDUCATION RESOURCES DIRECTORY

Intermediate Resources: Grades 7-10

Compiled by
Barbara J. Steep

Inclusion of materials in this Directory does not in any way imply endorsement; neither does exclusion imply lack of endorsement. Users are advised to assess carefully the materials they are considering using to ensure that they are appropriate for the intended audience and purpose. Information about errors or suggestions for additions should be addressed to the Addiction Research Foundation, Prevention and Health Promotion Programs, 33 Russell Street, Toronto, Ontario M5S 2S1.

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Preface

The *ARF Drug Education Resources Directory*, has been developed to familiarize educators with a variety of print and audio-visual materials that may be used for teaching children and adolescents about drugs (including alcohol and tobacco) and lifestyle choices. The materials listed are intended for school use; however, many are also appropriate to other educational settings or the home environment.

The Directory is organized into six modules: *Primary Resources* (for Kindergarten to Grade 3); *Junior Resources* (for Grades 4-6); *Intermediate Resources* (for Grades 7-10); *Senior Resources* (for Grades 11 to the end of secondary school); *Répertoire des ressources éducatives sur les drogues* (French resources for Kindergarten to the end of secondary school); and *Recommended Films and Videotapes* (for Kindergarten to the end of secondary school). The modules stand on their own; however, the films and videotapes module may be used as a companion to each of the primary resources, junior resources, intermediate resources, and senior resources modules.

The French-language resources module has its own listing of French films and videotapes. In addition, throughout the English-language modules, materials are especially noted if they are also available in French.

Each module, except *Recommended Films and Videotapes*, includes a very brief selection of key reference materials for educators. Most are books; however, it should be noted that no other books for teacher use have been identified since the number of possible inclusions is very extensive and beyond the scope of the Directory.

Films and videotapes listed in the Directory have been reviewed and recommended for purchase by the ARF Audio/Visual Assessment Committee (publisher of Projections). Each film has been evaluated and assigned a rating on a six-point scale based on scientific accuracy, emotional and visual impact, usefulness to the target audience, and effectiveness in assisting people with alcohol and other drug-related decisions. The pamphlets, curricula, teaching kits, and other classroom resources have generally not been evaluated. (Exceptions have been noted in the text.) Also, users should be aware that there may be charges for the items listed.

Our intention has been to create an inventory of resources for classroom use that are current and readily accessible and have a Canadian focus. Some non-Canadian materials that are widely used and known to be relevant and easily accessible have also been included. Therefore, the Directory presents the range of materials currently available rather than a vetted selection.

Although materials were rigorously solicited, no directory of resources could be complete for long in a field where new products are constantly being developed. We apologize for any errors or omissions and would welcome suggestions for additions to the collection.

Acknowledgments

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Thanks are also due to the following people for their input and advice during the pilot testing of the Directory: Sue Amos, Chuck Ainslie, Marilyn Bowers, Julie Boucher, Richard Brown, Dave Connell, Ludovic D'Souza, Diane Domelle, Judy Hills, Joan Hurley, Wendy Jackson, Mary Johnston, Linda Lowery-Bell, Lydia Stewart, Gloria Torrance, and Don Walker.

Finally, the Addiction Research Foundation gratefully acknowledges the contributions of Maurice Boutet and Barbara Johnston, of the Ontario Ministry of Education, who made it possible for all Ontario public and separate schools to have copies of the Directory.



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- Title:** **Addiction Research Foundation Fact Sheet Series**
(Also available in French)
- Subject:** Drugs
- Target Group:** Grades 9-12
- Format:** Pamphlet
- Date of Publication:** Revised 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** Each fact sheet includes sections on the appearance, history, and short- and long-term effects of use. The series includes the following brochures: Alcohol, Amphetamines, Barbiturates, Cannabis, Hallucinogens, LSD, Opiates, PCP, Inhalants, Tobacco, Tranquillizers, Cocaine, and Caffeine.
- Suggested Use:** General reference
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: Alcohol and Drug Concerns Fact Sheet Series

Subject: Drugs

Target Group: Grades 8-12

Format: Colored pamphlets

Date of Publication: 1989

Publisher/Producer: Alcohol and Drug Concerns Inc.

Description: This series of five brochures provides information on the short- and long-term effects of common examples of hallucinogenics, depressants, stimulants, and over-the-counter drugs. The titles in this series are: 1) Barbiturates, Minor Tranquillizers; 2) Crack; 3) LSD, PCP; 4) Solvents, Alcohol; and 5) Tobacco, Cannabis.

Suggested Use: General reference

Available From: Alcohol and Drug Concerns Inc.
11 Progress Avenue, Suite 200
Scarborough, ON
M1P 4S7
(416) 293-3400

- Title:** Alcohol - Do You Know Enough About It?
(Also available in French)
- Subject:** Alcohol
- Target Group:** Grades 4-12
- Format:** Pamphlet, 15 p.
- Date of Publication:** Revised July 1979, reprinted 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** This pamphlet contains facts on the wide range of effects that alcohol has on the body as well as information on how drinking behavior can affect the individual, family, and society. Illustrations are combined with factual information to deliver accurate and easy-to-read messages on alcohol.
- Suggested Use:** General reference
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: **Alcohol Knowledge Survey**
(Also available in French)

Subject: Alcohol

Target Group: Grades 10-12

Format: Four-page pamphlet and insert containing answers

Date of Publication: Revised 1985, reprinted 1989

Publisher/Producer: Addiction Research Foundation

Description: This survey poses 15 multiple-choice questions on alcohol and its effects on the body. Detailed answers are provided in a discussion sheet which accompanies the questionnaire.

Suggested Use: Self-teaching device or discussion starter

Available From: Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

- Title:** **Alcoholism and the Family**
- Subject:** Alcohol
- Target Group:** Grades 7-12
- Format:** Pamphlet, 12 p.
- Date of Publication:** 1978, reprinted 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** When a family member is drinking, children as well as adults become angry, tense, and resentful as they try to adjust to the situation. In order to cope with the situation, it is important that the drinker be confronted and assisted in seeking help. This pamphlet suggests ways in which families can deal with their problems at the same time supporting the family member who is drinking too much.
- Suggested Use:** General reference
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: Alcoholism: A Merry-Go-Round Named Denial

Subject: Alcohol

Author: Kellerman, J.L.

Target Group: Grades 10-12

Format: Pamphlet, 12 p.

Date of Publication: 1972, reprinted 1989

Publisher/Producer: Addiction Research Foundation

Description: In this brochure the disease of alcoholism is compared to a three-act play involving the alcoholic, the enabler, the victim, and the provocatrice. Each person plays an important role in the alcoholic's life either by blaming the alcoholic for his drinking or denying that the drinking constitutes a problem. The author explains that the merry-go-round of blame and denial is key to understanding the alcoholic and his drinking.

Suggested Use: General reference

Available From: Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation in your area.

Title: **A Better Way**

Subject: Alcohol, drugs

Target Group: Grades 7-12

Format: Pamphlet

Date of Publication: 1986

Publisher/Producer: Saskatchewan Alcohol and Drug Abuse Commission

Description: *A Better Way* aims to encourage teenagers to say no to alcohol and other drugs. Examples of strategies for refusing and avoiding drugs are provided.

Suggested Use: Classroom or other educational setting. Also suitable for independent learning.

Available From: Saskatchewan Alcohol and
Drug Abuse Commission
3475 Albert Street
Regina, SK
S4S 6X6
(306) 787-4085

Title: Can I Take This if I'm Pregnant?

Subject: Alcohol, drugs

Target Group: Grades 9-12

Format: Pamphlet, 8 p.

Date of Publication: Revised 1984, reprinted 1989

Publisher/Producer: Addiction Research Foundation

Description: The use of drugs during pregnancy can be dangerous to the health of the unborn child. This pamphlet provides information on the risks substances such as alcohol, caffeine, antacids, pain remedies, and cold medications pose during pregnancy.

Suggested Use: General reference

Available From: Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

*Or the Addiction Research Foundation office in your area.

- Title:** Coffee, Tea, and Me, and...
(Also available in French)
- Subject:** Drugs
- Target Group:** Grades 7-12
- Format:** Fold-out poster
- Date of Publication:** 1980, reprinted 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** This poster-pamphlet outlines the history of various drugs, the medical and non-medical aspects of drug use, the effects of drugs and how these effects are produced, and a discussion of factors contributing to drug dependence.
- Suggested Use:** General reference, display as a wall chart
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: **Drinking Myths**

Subject: Alcohol

Target Group: Grades 9-12

Format: Pamphlet with illustrations

Date of Publication: Revised 1987

Publisher/Producer: Wisconsin Clearinghouse on Drug and Alcohol Information

Description: *Drinking Myths* debunks 38 erroneous notions about the effects alcohol has on people.

Suggested Use: Classroom or other educational setting

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

Title:	Drug Knowledge Survey (Also available in French)
Subject:	Drugs
Target Group:	Grades 10-12
Format:	Four-page pamphlet with insert containing answers
Date of Publication:	Revised 1985, reprinted 1989
Publisher/Producer:	Addiction Research Foundation
Description:	Popular misconceptions about drugs other than alcohol are dealt with in this 15-item questionnaire. A discussion sheet with detailed explanations accompanies the questionnaire.
Suggested Use:	Useful as a self-learning device or discussion starter
Available From:	Addiction Research Foundation Bookstore* 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: Drug Reference Chart

Subject: Drugs

Target Group: Grades 9-12

Format: Fold-out pamphlet

Date of Publication: 1983

Publisher/Producer: Council on Drug Abuse

Description: This fold-out pamphlet provides brief information on alcohol, hallucinogens, narcotics, nicotine, organic solvents, sedative hypnotics, stimulants, and tranquillizers. The information is organized into a chart and can be useful for quick reference.

Suggested Use: General reference

Available From: Council on Drug Abuse
698 Weston Road, Suite 17
Toronto, ON
M6N 3R3
(416) 763-1491

Title: Drugs and the Law: Where Do We Stand Today?

Subject: Law

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1982

Publisher/Producer: Council on Drug Abuse

Description: This pamphlet contains a general discussion on drug use and the law, a glossary of legal terms, and a chart which summarizes parts of the Food and Drugs Act and the Narcotics Control Act.

Suggested Use: General reference

Available From: Council on Drug Abuse
698 Weston Road, Suite 17
Toronto, ON
M6N 3R3
(416) 763-1491

Title: Fetal Alcohol Syndrome: The Preventable Birth Defect

Subject: Alcohol

Target Group: Grades 9-12

Format: Pamphlet, 4 p.

Date of Publication: 1985, reprinted 1989

Publisher/Producer: Addiction Research Foundation in cooperation with the Association of Iroquois and Allied Indians

Description: This pamphlet answers eight commonly asked questions about alcohol use during pregnancy and includes an interview with a woman who believes her drinking may have damaged her children.

Suggested Use: General reference

Available From: Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

- Title:** **Fifty Most Asked Questions About Smoking and Health ... and the Answers**
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Pamphlet, 23 p.
- Date of Publication:** 1984
- Publisher/Producer:** Canadian Cancer Society
- Description:** In this booklet, questions about smoking and health are answered by experts using the latest scientific and medical research. Examples of questions are: Is there a safe cigarette? Do cigarettes cause other lung diseases? How do most people quit smoking?
- Suggested Use:** General reference
- Available From:** Canadian Cancer Society
Metro Toronto District*
2 Carlton Street, Suite 710
Toronto, ON
M5B 2J2
(416) 593-1513

* Or the Canadian Cancer Society in your area.

Title: **Help a Friend Stop Smoking**
(Also available in French)

Subject: Tobacco

Target Group: Grades 9-12

Format: Pamphlet, 11 p.

Date of Publication: 1987

Publisher/Producer: The Lung Association

Description: Organized into a question and answer format, this pamphlet provides suggestions for people who wish to encourage a friend to quit smoking.

Suggested Use: Suitable for high school students who wish to encourage a friend or relative to quit smoking

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title: How a Teen Can Help a Friend with an Alcohol or Drug Problem

Subject: Alcohol, drugs

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1988

Publisher/Producer: Wisconsin Clearinghouse on Drug and Alcohol Information

Description: *How a Teen* is a short guide that stresses the importance of helping friends realize how their alcohol or other drug use is affecting them and those around them. There are also suggestions on where to find help.

Suggested Use: Independent learning

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

Title: How to Be a Happy Ex-Smoker

Subject: Tobacco

Target Group: Grades 9-12

Format: Pamphlet, 24 p.

Date of Publication: 1985

Publisher/Producer: Canadian Cancer Society

Description: This guide provides quizzes to help smokers determine when and why they light up, information on ways to quit smoking, and suggestions for remaining smoke-free once they have kicked the habit.

Suggested Use: General reference

Available From: Canadian Cancer Society
Metro Toronto District*
2 Carlton Street, Suite 710
Toronto, ON
M5B 2J2
(416) 593-1513

* Or the Canadian Cancer Society in your area.

- Title:** How to Quit Smoking
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Pamphlet
- Date of Publication:** 1984
- Publisher/Producer:** Canadian Cancer Society
- Description:** This pamphlet describes a three-step method for quitting smoking. Step 1 involves getting to know why you smoke and learning to substitute other pleasurable activities for smoking. Step 2 is the actual act of quitting. The pamphlet recommends planning the 'quit day' in advance and using the 'tapering off' or 'cold turkey' method. Step 3 involves the process of remaining 'smoke-free.' The pamphlet provides information for coping with some of the symptoms of withdrawal and a list of the rewards being smoke-free offers.
- Suggested Use:** General reference, self-help
- Available From:** Canadian Cancer Society
Metro Toronto District*
2 Carlton Street, Suite 710
Toronto, ON
M5B 2J2
(416) 593-1513

* Or the Canadian Cancer Society in your area.

Title: If There's an Alcoholic in the Family

Subject: Alcohol

Target Group: Grades 9-12

Format: Pamphlet, 8 p.

Date of Publication: Revised 1975, reprinted 1985

Publisher/Producer: Alberta Alcohol and Drug Abuse Commission

Description: This pamphlet describes the phases of family involvement in alcoholism and the challenges of sobriety, and encourages getting help from skilled counsellors. It also lists what the family can do to assist with rehabilitation.

Suggested Use: Independent learning, family discussion, classroom or other educational setting

Available From: Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

- Title:** **Know the Score**
(Also available in French)
- Subject:** Alcohol
- Target Group:** Grades 9-12
- Format:** Pamphlet, 4 p.
- Date of Publication:** 1979, reprinted 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** When does drinking become hazardous drinking? This colorful pamphlet presents an introduction to the facts about alcohol and relates health risks to the amount of alcohol consumed.
- Suggested Use:** Suitable as a general guide to defining risky drinking practices
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: Let's Talk About Drugs

Subject: Drugs

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1985

Publisher/Producer: Health and Welfare Canada

Description: This pamphlet provides general information about tranquilizers and sleeping pills and outlines some important precautions consumers should exercise when using prescription and over-the-counter medication.

Suggested Use: General reference

Available From: Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

- Title:** The Lung Association Fact Sheets on Smoking
(Also available in French)
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Pamphlets
- Date of Publication:** 1986 and 1987
- Publisher/Producer:** The Lung Association
- Description:** These fact sheets present clear and concise information on aspects of tobacco use. The series includes:
Cigarette Smoke
Is There a Safe Tobacco?
Pipe and Cigar Smoking
Second-Hand Smoke
Questions and Answers on Smoking and Health
Smoking and the Two of You
You're Young, You're Female and You Smoke
- Suggested Use:** General reference
- Available From:** The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title: Marijuana: Answers for Young People and Parents
(Also available in French)

Subject: Drugs

Target Group: Grades 7-12

Format: Pamphlet, 32 p.

Date of Publication: 1984, reprinted 1989

Publisher/Producer: Addiction Research Foundation

Description: This pamphlet provides information on marijuana and its effects on health. Organized in a question-and-answer format, the pamphlet addresses some common concerns expressed by parents and young people. As well, the pamphlet includes a 20-item true-or-false quiz. Available in French, Italian, Portuguese, and English.

Suggested Use: Suitable for young people and adults requiring information on cannabis

Available From: Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

- Title:** **Myths About Drinking and Driving**
(Also available in French)
- Subject:** Impaired driving
- Target Group:** Grades 7-12
- Format:** Pamphlet, 24 p.
- Date of Publication:** 1977, reprinted 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** This pamphlet debunks 10 basic misconceptions about alcohol and the way it can affect one's ability to operate a motor vehicle safely. The pamphlet makes its point through a mix of humorous illustrations and factual information.
- Suggested Use:** Self-learning tool for use in classroom or other educational setting
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

Title: Only You Can Prevent Drinking and Driving
(Also available in French)

Subject: Impaired driving

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1987

Publisher/Producer: Ministry of the Attorney General

Description: This pamphlet provides brief information on the federal and provincial (Ontario) laws pertaining to drinking and driving.

Suggested Use: High school classes in law, man and society, driving education

Available From: Ministry of the Attorney General
10 King Street East, 8th Floor
Toronto, ON
M5C 1C3
(416) 965-7145

- Title:** **Play It Smart**
(Also available in French)
- Subject:** Impaired driving
- Target Group:** Grades 9-12
- Format:** Fold-out pamphlet
- Date of Publication:** 1988
- Publisher/Producer:** Minister of Supply and Services Canada
- Description:** *Play It Smart* presents 12 commonly used excuses for drinking and driving, and a similar number of strongly worded counter-arguments. Readers are reminded that they have a choice whether to drink and drive. They can get a ride with someone who hasn't been drinking, spend the night where they are, or take public transportation.
- Suggested Use:** Classroom or other educational setting
- Available From:** Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

Title: Really Me

Subject: Drugs

Target Group: Grades 8-9

Format: Pamphlet

Date of Publication: 1987

Publisher/Producer: Health and Welfare Canada

Description: This pamphlet discusses the causes of drug use and some of the reasons young people use drugs. It contains two main sections: one for parents and one for young people. In the middle is a two-page discussion starter called 'Making Sense of It All... At Any Age' which is intended to stimulate thinking about the different kinds of drug use and the factors that contribute to the experiences people have with drugs (i.e. the type of drug used, how the drug is used, the setting in which the drug is used).

Suggested Use: Classroom or independent learning

Available From: Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

- Title:** **Scriptographic Booklets for Substance Abuse Education**
(Some titles also available in French)
- Subject:** Alcohol, drugs
- Target Group:** Grades 9-12
- Format:** Pamphlets, 15 p. each
- Date of Publication:** 1988
- Publisher/Producer:** Scriptographic Communications
- Description:** Each pamphlet in this series delivers a clear message on an area of addictions using simple line drawings and briefly described facts. The titles in the series are:
- About Addiction
 - About Drinking and Driving
 - About Stress Management
 - About Women and Alcohol
 - Alcoholic in the Family...A Guide for Dealing with Drinking Problems
 - Drugs and You
 - How Alcohol and Drugs Affect Your Driving Skills
 - How to Stop Smoking
 - Making a Choice about Smoking
 - What Every Teenager Should Know about Alcohol
 - What Everyone Should Know about Alcohol
 - What Everyone Should Know about Alcohol and Health
 - What Everyone Should Know about Alcoholism
 - What Everyone Should Know about Children of Alcoholics
 - What Everyone Should Know about Drug Abuse
 - What Everyone Should Know about Wellness
 - What You Should Know about Marijuana
 - What You Should Know about Peer Pressure
 - What Young Adults Should Know about Alcohol and Driving
 - Why You Should Say "No!" to Alcohol, Other Drugs, and Driving
- Suggested Use:** General reference
- Available From:** Scriptographic Communications
150 Consumers Road, Suite 404
Willowdale, ON
M2J 1P9
(416) 756-1590

Title: Scriptographic Fact Sheet Series

Subject: Alcohol, drugs

Target Group: Grades 7-12

Format: Pamphlet

Date of Publication: 1988

Publisher/Producer: Scriptographic Communications

Description: Each pamphlet in this series identifies a drug, its medicinal use (if applicable), its effects on the body, and legal and social implications associated with its use. The titles in the series are: Alcohol, Cocaine, Depressants, Hallucinogens, Heroin, Inhalants, Marijuana, and Stimulants.

Suggested Use: General reference

Available From: Scriptographic Communications
150 Consumers Road, Suite 404
Willowdale, ON
M2J 1P9
(416) 756-1590

- Title:** Second Hand Smoke
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Pamphlet, 7 p.
- Date of Publication:** 1983
- Publisher/Producer:** Canadian Cancer Society
- Description:** This pamphlet discusses health concerns such as eye irritation, breathing difficulties, lung impairment, and aggravated allergy symptoms and explains that many of these conditions can be attributed to the effects of second-hand smoke.
- Suggested Use:** General reference
- Available From:** Canadian Cancer Society
Metro Toronto District*
2 Carlton Street, Suite 710
Toronto, ON
M5B 2J2
(416) 593-1513

* Or the Canadian Cancer Society in your area.

Title: **Second Thoughts**

Subject: Tobacco

Target Group: Grades 9-12

Format: Fold-out pamphlet

Date of Publication: 1980

Publisher/Producer: Canadian Cancer Society

Description: *Second Thoughts* presents information on the health effects of tobacco and the role the media play in the promotion of smoking. On one side is an example of a tobacco advertisement and an analysis of the messages presented. On the reverse is a discussion of tobacco's effects on health with special attention given to the needs of women and teenagers.

Suggested Use: Classroom or other educational setting

Available From: Canadian Cancer Society
Metro Toronto District*
2 Carlton Street, Suite 710
Toronto, ON
M5B 2J2
(416) 593-1513

*Or the Canadian Cancer Society office in your area.

- Title:** **Should You Smoke During Pregnancy?**
(Also available in French)
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Pamphlet
- Publisher/Producer:** Canadian Council on Smoking and Health
- Description:** This pamphlet discusses risks of smoking during pregnancy to the unborn child and the effects of second-hand smoke on the health of infants and young children. The pamphlet also includes information on quitting smoking and suggestions for ways of coping with the side-effects of nicotine withdrawal.
- Suggested Use:** General reference
- Available From:** The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title: Smoking and Heart Disease

Subject: Tobacco

Target Group: Grades 9-12

Format: Pamphlet, 6 p.

Publisher/Producer: Canadian Heart Foundation

Description: This pamphlet discusses the link between smoking and diseases of the heart and blood vessels.

Suggested Use: General reference

Available From: Heart and Stroke Foundation
Metro Toronto Chapter*
477 Mount Pleasant Road, 4th Floor
Toronto, ON
M4S 2L9
(416) 489-7100

* Or the Heart Foundation in your area.

Title: Smoking and the Two of You

Subject: Tobacco

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1983

Publisher/Producer: Canadian Lung Association

Description: This pamphlet discusses some of the effects smoking can have on a woman's health and the health of her unborn child.

Suggested Use: General reference

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title: Social Drinking and Alcoholism

Subject: Alcohol

Target Group: Grades 9-12

Format: Pamphlet, 8 p.

Date of Publication: Revised 1975, reprinted 1983

Publisher/Producer: Alberta Alcohol and Drug Abuse Commission

Description: This pamphlet defines social drinking and how to recognize when social drinking is leading to alcoholism. Different types of drinking patterns are described.

Suggested Use: Independent learning, classroom setting

Available From: Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

- Title:** **Stay Real**
(Also available in French)
- Subject:** Drugs
- Target Group:** Grades 7-12
- Format:** Pamphlet
- Date of Publication:** 1983
- Publisher/Producer:** Health and Welfare Canada
- Description:** This booklet contains two main sections: one for young people and one for their parents. Each section presents a discussion of the cannabis issue: short- and long-term risks associated with use, reasons people use cannabis, and factual information about the drug's physical and psychological effects on the body. Between the two sections is a two-page 'discussion starter' called 'Common Ground - Common Sense,' which is intended to help parents and young people talk about the cannabis issue.
- Suggested Use:** General reference
- Available From:** Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

Title: Stop Smoking and Stay Trim
(Also available in French)

Subject: Tobacco

Target Group: Grades 9-12

Format: Fold-out pamphlet

Date of Publication: 1987

Publisher/Producer: The Lung Association

Description: This brochure provides 10 helpful hints for avoiding weight gain when quitting smoking, as well as basic information about some of the factors that contribute to weight gain among ex-smokers.

Suggested Use: Suitable for high school smoking cessation programs, or health classes

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association office in your area.

- Title:** Straight Facts About Drugs and Drug Abuse
(Also available in French)
- Subject:** Drugs
- Target Group:** Grades 9-12
- Format:** Pamphlet
- Date of Publication:** 1983, reprinted 1988
- Publisher/Producer:** Health and Welfare Canada, Health Promotion Directorate
- Description:** This booklet answers some of the more common questions about drugs and drug abuse. Part I is divided into four sections: What Is a Drug? What Is Drug Abuse? Why Do People Use Drugs? and What Are the Risks of Drug Abuse? Part II presents drug information in chart form under the headings: Name, Description, Origin and Medical Uses, Short and Long Term Effects, Tolerance and Dependence, and Legal Status.
- Suggested Use:** General reference
- Available From:** Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

Title: Tar and Nicotine Ratings May Be Hazardous to Your Health

Subject: Tobacco

Author: Kozlowski, L.T.

Target Group: Grades 9-12

Format: Pamphlet, 7 p.

Date of Publication: 1982, reprinted 1989

Publisher/Producer: Addiction Research Foundation

Description: This pamphlet answers questions about low-yield cigarettes and tar and nicotine ratings. As well, the pamphlet provides advice to smokers who are not ready to quit but wish to reduce their susceptibility to the health risks associated with smoking.

Suggested Use: General reference

Available From: Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

- Title:** Think. You Don't Have to Drink
- Subject:** Impaired driving
- Target Group:** Grades 9-12
- Format:** Pamphlet, 8 p.
- Date of Publication:** Reprinted 1988
- Publisher/Producer:** U.S. Department of Health and Human Services,
Office for Substance Abuse Prevention, 5600 Fishers
Lane, Rockville, MD 20857
- Description:** This pamphlet poses often-asked questions about the use and effects of alcohol. The answers supplied are factual and debunk some of the misconceptions about sobering up and drinking and driving. The pamphlet encourages saying 'no' to alcohol, and touches on legal and social responsibilities.
- Suggested Use:** Classroom or other educational setting. Also suitable for independent learning.
- Available From:** National Clearinghouse for
Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(301) 468-2600

Title: What You Should Know About Marijuana

Subject: Drugs

Target Group: Grades 9-12

Format: Pamphlet

Date of Publication: 1986

Publisher/Producer: The Lung Association

Description: This pamphlet utilizes a question-and-answer format to convey information on marijuana and its physical and psychological effects.

Suggested Use: General reference

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

- Title:** Why Quit Smoking?
(Bilingual)
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Pamphlet
- Publisher/Producer:** Heart and Stroke Foundation
- Description:** This pamphlet provides solid evidence for quitting smoking, suggestions for quitting, and information on symptoms of withdrawal.
- Suggested Use:** General reference
- Available From:** Heart and Stroke Foundation
Metro Toronto Chapter*
477 Mount Pleasant Road
4th Floor
Toronto, ON
M4S 2L9
(416) 489-7100

* Or the Heart and Stroke Foundation in your area.

Title: Alcohol Education: Ten Lesson Plans for Grades 7 and 8

Subject: Alcohol

Target Group: Grades 7-8

Format: Book, 58 p.

Date of Publication: 1978

Publisher/Producer: Addiction Research Foundation

Description: A set of 10 lesson plans for Grades 7 and 8 dealing with aspects of alcohol use. Background information and guidelines for presenting the material are provided in each lesson.

Suggested Use: Classroom or other educational setting

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

Title: Alcohol Education: Ten Lesson Plans for Grades 9 and 10

Subject: Alcohol

Target Group: Grades 9-10

Format: Book, 83 p.

Date of Publication: 1978

Publisher/Producer: Addiction Research Foundation

Description: A set of 10 lesson plans for Grades 9 and 10 dealing with aspects of alcohol use. Background information and guidelines for presenting the material are provided in each lesson.

Suggested Use: Classroom or other educational setting

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

Title: **Alive!**

Subject: Impaired Driving

Target Group: Grades 7-9

Format: Single-coil book, 141 p.

Date of Publication: 1988

Description: Students are introduced to key issues about adolescents, alcohol, and driving in six thought-provoking lessons. The resource provides information on drinking and driving as well as insight into critical issues such as responsible independence and personal decision-making.

Publisher/Producer: Alberta Alcohol and Drug Abuse Commission

Suggested Use: Classroom or other educational setting

Available From: Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

- Title:** **Be Smart, Don't Start**
- Subject:** Alcohol
- Target Group:** Grades 3-7
- Format:** Student book, 32 p.; teacher's guide, 20 p.; parents' handbook, 24 p.
- Date of Publication:** 1987
- Publisher/Producer:** National Clearinghouse for Alcohol Information, Box 2345, Dept. BS/DS, Rockville, MD 20852
- Description:** *Be Smart, Don't Start* aims at preventing alcohol use among youth. Questions and answers, a story involving decision-making, facts, suggestions for activities, where to ask for help - all these related to alcohol - make up the student book. *Helping Your Child Say No to Alcohol* and *Helping Your Students Say No to Alcohol* are guides for parents and teachers respectively and complement *Be Smart, Don't Start*.
- Suggested Use:** Classroom or other educational setting. Also suitable for family discussion and independent learning.
- Available From:** Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** A Biomonitoring Program: Carbon Monoxide, Pollution and Tobacco Smoking. A Program Guide
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Loose-leaf booklet, 58 p.
- Date of Publication:** 1981
- Publisher/Producer:** Ontario Lung Association
- Description:** The lesson plans in this teaching guide utilize four pieces of monitoring equipment to assess the physiological effects of tobacco smoke and carbon monoxide on health. Its aim is to influence young people to quit smoking or not to start, and to increase their awareness about the sources of air pollution. The program guide includes four lesson plans, instructions for operating the monitoring equipment, background information on tobacco smoking and carbon monoxide pollution, and a resource list of supplementary materials available from the Lung Association. Trained Lung Association teachers are available to provide classroom presentations and professional development for health educators in some parts of the province.
- Suggested Use:** Suitable for high school health and science classes
- Available From:** The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

Title:	Booze
Subject:	Alcohol
Author:	Sallows, J.R.
Target Group:	Grades 9-12
Format:	Package contains: 1 director's copy, 71 p.; 10 individual scripts, 32 p.
Date of Publication:	1983
Publisher/Producer:	Addiction Research Foundation
Description:	Comprising six separate vignettes (used individually or together), this 60-minute theatrical production presents information on the effects of alcohol. The play includes contemporary jargon, characters, and situations which are familiar to most high school audiences. Suggestions for casting, lighting, and rehearsals are contained in the director's copy which accompanies the script.
Suggested Use:	Theatre arts classes or as an extracurricular activity
Available From:	Addiction Research Foundation Bookstore 33 Russell Street Toronto, ON M5S 2S1 (416) 595-6059

Title: CASPAR Alcohol Education Program. Decisions About Drinking: A Sequential Alcohol Education Curriculum for Grades 3-12

Subject: Alcohol

Target Group: Grades 3-12

Format: Curriculum, loose-leaf binder

Date of Publication: 1979

Publisher/Producer: CASPAR Alcohol Education Program

Description: A sequential alcohol education curriculum for Grades 3-12 consisting of lesson plans, learning activities, suggested methods for teaching about alcohol, and background information and resources for the teacher.

Evaluation: Evaluated by CASPAR. Findings reported in *Alcohol, Health and Research World*, 3 (3), 14-20 Winter 1978.

Suggested Use: Classroom or other educational setting

Available From: CASPAR Alcohol Education Program
Somerville Public School
Faculty Curriculum Team
Somerville, MA 02143
(617) 623-2079

- Title:** **Choosing About Using: Peer Education Program**
- Subject:** Alcohol, drugs
- Author:** Thomson, Alexandra
- Target Group:** Grades 7-8
- Format:** Binder, 75 p.
- Date of Publication:** 1983
- Publisher/Producer:** Nova Scotia Commission on Drug Dependency
- Description:** *Choosing About Using* is a kit for educators wishing to implement a peer education program in their school. The program includes five lessons on drugs and alcohol, a step-by-step manual for establishing a peer education program, and information on planning and implementing training sessions for peer leaders. Examples of some of the topics covered in the lesson plans are: decision-making, alternatives to drug use, drug and alcohol facts, and handling peer pressure.
- Suggested Use:** Peer education programs
- Available From:** Nova Scotia Commission on Drug Dependency
5676 Spring Garden Road, Suite 314
Halifax, NS
B3J 1H1
(902) 424-4270

Title:	Countdown for Youth
Subject:	Tobacco
Target Group:	Grades 9-12
Format:	Booklet
Date of Publication:	1988
Publisher/Producer:	The Lung Association
Description:	The intent of this program is to heighten awareness among young people of the short- and long-term effects of smoking, to reduce or eliminate smoking behavior, and to encourage students to develop a positive self-image. The program consists of five lessons which cover: the reasons people smoke, techniques to quit, physiological and psychological effects of smoking, withdrawal symptoms, and the benefits of quitting. The program includes instructions for the leader of smoking cessation programs and handouts for participants.
Suggested Use:	Smoking cessation programs for high school students
Available From:	The Lung Association Metropolitan Toronto and York Region* 573 King Street East, Suite 201 Toronto, ON M5A 1M5 (416) 864-1112

* Or the Lung Association in your area.

- Title:** A Do-It-Yourself Quit Smoking Course
- Subject:** Tobacco
- Target Group:** Grades 9-12
- Format:** Booklet, 42 p.
- Publisher/Producer:** Ontario Heart Foundation
- Description:** This step-by-step program for quitting smoking is organized into three chapters. Chapter one examines the reasons smokers light up and teaches them to reduce the number of times they smoke 'automatically.' Chapter two deals with the actual process of quitting, and chapter three offers encouraging advice to assist people to remain smoke-free.
- Suggested Use:** General reference, self-help
- Available From:** Heart and Stroke Foundation
Metro Toronto Chapter*
477 Mount Pleasant Road
Toronto, ON
M4S 2L9
(416) 489-7100

* Or the Heart Foundation office in your area.

Title: The Drug Abuse Information Middle School Series and Teacher's Guide

Subject: Drugs

Author: Yoast, Richard

Target Group: Grades 5-8

Format: Teacher's guide, 32 p.; six pamphlets

Date of Publication: 1987

Publisher/Producer: Wisconsin Clearinghouse on Drug and Alcohol Information

Description: This teaching package consists of a series of six pamphlets for students in Grades 5-8 and a teacher's guide containing background information on drug education. The teacher's guide is intended for use with the pamphlets and is organized according to pamphlet title: Introduction to Mood-Altering Drugs, Alcohol: The Number One Drug, Marijuana, Stimulants, Depressants, and Hallucinogens. Detailed explanations of concepts presented in the pamphlets, definitions of key terms, and suggestions for classroom discussion are included in each section.

Suggested Use: Classroom or other educational setting

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** Drug and Alcohol Information Line
(Also available in French)
- Subject:** Alcohol, drugs, community resources, treatment facilities, health promotion and prevention resources
- Target Group:** Grades 7-12
- Format:** Telephone information service. Direct access for touchtone callers.
- Publisher/Producer:** Addiction Research Foundation
- Description:** A province-wide service of the Addiction Research Foundation, the Drug and Alcohol Information Line provides two main services: 1) Access to a library of more than 60 audio-taped messages on alcohol and other drug topics; and 2) An information service which provides information and referrals to appropriate treatment and/or other resources throughout Ontario. Information is provided in a confidential and anonymous manner. The service operates from 9:00 a.m. to 9:00 p.m., seven days a week except holidays. The service is available in English and French. A limited selection of information messages in Chinese (Cantonese), Greek, Italian, Portuguese, and Spanish will be available to callers with touchtone telephones in the summer of 1989.
- Available From:** To access the Drug and Alcohol Information Line call: 595-6111 (in Metro Toronto)
1-800-387-2916 (Ontario toll-free)
- Transcripts can be purchased from:
Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059
- A directory of audio-taped messages is available through the ARF office in your community or by calling the Drug and Alcohol Information Line.

Title: **Getting in Shape**

Subject: Self-esteem, decision-making

Author: Bunnell, Steve

Target Group: Grades 4-10

Format: Twenty posters

Date of Publication: 1987

Publisher/Producer: J. Weston Walch

Description: The *Getting in Shape* posters aim at helping students design their own fitness program, with goals that realistically reflect their abilities. Maintaining the program and reaching the goals will build self-esteem.

Suggested Use: Classroom or other educational setting

Available From: J. Weston Walch
P.O. Box 658
Portland, ME 04104-0658
(207) 772-2846

- Title:** Helping Your Students Say No to Alcohol
- Subject:** Alcohol
- Target Group:** Grades 3-7
- Format:** Book, 20 p., illustrated
- Date of Publication:** 1987
- Publisher/Producer:** National Clearinghouse for Alcohol Information, Box 2345, Dept. BS/DS, Rockville, MD 20852
- Description:** *Helping Your Students Say No to Alcohol* is the teacher's guide to be used with *Be Smart, Don't Start*. It suggests classroom activities for building peer resistance skills and self-confidence and analysing advertising. It also identifies resources for high-risk children.
- Suggested Use:** Classroom or other educational setting
- Available From:** Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** **Here's Looking at You, 2000: A Teacher's Guide for Alcohol and Drug Education**
- Subject:** Alcohol, drugs, tobacco
- Target Group:** Kindergarten - Grade 12
- Format:** Curriculum kits for Kindergarten and Grade 1, each of Grades 2, 3, 4, 5, and 6, Grades 7 to 9, and Grades 10 to 12. Supplementary materials accompanying curriculum kits include audio-visual resources, overheads, teacher guides, posters, game cards, puppets, photo boards, and puzzles.
- Date of Publication:** 1982, revised 1985
- Publisher/Producer:** Comprehensive Health Education Foundation
- Description:** This multi-component program provides information on the effects of tobacco, alcohol, and other drugs, and skill-building exercises to assist students to effectively manage situations involving drugs. Consisting of a curriculum kit for each grade, the program is delivered by classroom teachers, is cumulative, and presents information and skill-building opportunities that are tailored to the learning needs of students at each grade level. For example, in Grade 4 students learn what it is like to live with a chemically dependent family member through the story *Pinto the Cat*. In the Grades 10 through 12 program more sophisticated issues are introduced, such as: drinking and driving, fetal alcohol syndrome, and cocaine. Throughout the program students learn factual information about commonly abused substances as well as skills in the following areas: decision-making, problem-solving, social competence, and stress management. Teacher training for *Here's Looking at You, 2000* is not mandatory for the delivery of this program but is available from: Roberts, Futzmaham and Associates, 9131 California Ave. S.W., Seattle, WA, 98136-2599, (206) 932-8409. Updates to the earlier version, *Here's Looking at You Two*, are also available.
- Suggested Use:** Classroom settings
- Available From:** Comprehensive Health Education Foundation
22323 Pacific Highway South
Seattle, WA 98198-5997
(206) 824-2907

- Title:** High School Accident Reduction Program (HARP)
- Subject:** Impaired driving
- Target Group:** Grades 9-12
- Format:** Book, videotape
- Date of Publication:** 1983
- Publisher/Producer:** Peel Regional Police
- Description:** The Peel Regional Police Force, in cooperation with representatives from the school board and coroners' and crown attorneys' offices, has researched and developed *HARP* as a means of educating the community about impaired driving. The program offers five phases of instruction: 1) a media forum, 2) a 70-minute classroom presentation using the *HARP* videotape, 3) an audio cassette of a panel discussion on drinking and driving, 4) a speakers' bureau, and 5) presentations to adult audiences. The primary target group is Grade 11 students; however, phases 1 and 5 are suitable for the general community.
- Suggested Use:** Classroom or other educational setting
- Available From:** Peel Regional Police
7750 Hurontario Street
Brampton, ON
L6V 3W6
(416) 453-3311

Title: High School Hints: Creating a Smoke-Free School

Subject: Tobacco

Target Group: Grades 9-12

Format: Booklet, 22 p.

Date of Publication: 1989

Publisher/Producer: The Lung Association

Description: This booklet contains suggestions for activities students can implement in their schools and communities to raise awareness about the hazards of smoking tobacco. Examples are health fairs, school assemblies, cold turkey contests, demonstrations using the Lung Association's biomonitoring equipment, and an integrated approach to tobacco education.

Suggested Use: General reference

Available From: The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

*Or the Lung Association in your area.

- Title:** **It's Your Body**
- Subject:** Drugs
- Author:** Anastasiou, K. and Hobson, G.
- Target Group:** Grade 7
- Format:** Book, 60 p.
- Date of Publication:** 1985
- Publisher/Producer:** Pacific Educational Press
- Description:** *It's Your Body* is intended to foster the attitudes and knowledge students need for a healthy and balanced view of life. The manual is organized into four sections which address peer pressure, the influence of advertising, the effects of drugs, and healthy lifestyle practices. Within each section are lesson plans containing student activities and instructions for the teacher.
- Suggested Use:** Classroom or other educational setting
- Available From:** Pacific Educational Press
University of British Columbia
2173 West Mall
Vancouver, B.C.
V6T 1Z5
(604) 228-5385

Title: Let's Talk About Drugs: An Information and Activities Book

Subject: Drugs

Target Group: Grades 5-8

Format: Booklet, 16 p.

Date of Publication: 1988

Publisher/Producer: Channing L. Bete Co. Inc., South Deerfield, MA 01373

Description: This booklet provides basic information on a number of topics related to drug use. Some examples are: the reasons people use drugs, resisting pressure to try drugs, making decisions, and facts about inhalants, stimulants, depressants, and psychoactive drugs.

Suggested Use: Classroom or other educational setting

Available From: Scriptographic Communications Ltd.
150 Consumers Road, Suite 404
Willowdale, ON
M2J 1P9
(416) 756-1590

- Title:** Life Skills Training
- Subject:** Decision-making
- Author:** Botvin, G. J., and Eng, A.
- Target Group:** Grades 7-9
- Format:** Teacher's manual, 77 p.; student guide, 40 p.
- Date of Publication:** 1979, revised 1983
- Publisher/Producer:** Smithfield Press, Inc., New York
- Description:** *Life Skills Training* aims to reduce students' susceptibility to the pressures to smoke by helping them develop specific skills and attitudes. Consisting of 12 lessons, the program covers: smoking facts, self-image and self-involvement, decision-making, advertising, coping with anxiety, communication skills, assertiveness, and social skills. The program includes a teacher's manual and a student guide and is suitable for integration into core subjects, such as health education and science.
- Evaluation:** Results of evaluation reported in *Journal of School Health*, 50 (1980), 209-213.
- Suggested Use:** Classroom or other educational setting
- Available From:** American Health Foundation
320 East 43rd Street
New York, NY 10017
(212) 953-1900

- Title:** Lungs Are for Life
(Also available in French)
- Subject:** Tobacco
- Target Group:** Kindergarten - Grade 12
- Format:** Binder containing resource packages for Kindergarten-Grade 3, Grades 4-6, Grades 7 and 8, and Grades 9-12. Each unit contains teaching guidelines, overheads, and pamphlets.
- Date of Publication:** 1986
- Publisher/Producer:** Ontario Lung Association
- Description:** *Lungs Are for Life* is a comprehensive program providing lesson plans, audio-visual aids, hands-on activities, and follow-up ideas. The program consists of four units: Kindergarten-Grade 3, Grades 4-6, Grades 7 and 8, and Grades 9-12. Each unit covers respiratory health, physiology, and smoking prevention. The specific topics and activities in each unit are designed to be appropriate to the age level of the students. For example, in the primary division (Kindergarten-Grade 3) general topics such as practising healthy habits are discussed, whereas in later units, decision-making skills, handling peer pressure, and smoking and pregnancy are dealt with.
- Suggested Use:** Classroom or other educational setting
- Available From:** The Lung Association
Metropolitan Toronto and York Region*
573 King Street East, Suite 201
Toronto, ON
M5A 1M5
(416) 864-1112

* Or the Lung Association in your area.

- Title:** **Make the Most of You**
- Subject:** Alcohol, drugs
- Target Group:** Grades 7-12
- Format:** Booklets, pamphlets, *Zoot: The Magazine*, videotapes, audio cassettes, posters
- Date of Publication:** 1981
- Publisher/Producer:** Alberta Alcohol and Drug Abuse Commission
- Description:** *Make the Most of You* is a multi-media prevention program consisting of pamphlets, booklets, posters, radio and television advertisements, and *Zoot: The Magazine*. Developed by AADAC and launched in 1981, the program targets young people aged 12 to 17 and emphasizes the development of responsible independence as well as understanding the positive and negative aspects of peer influence, role modelling, adult support, the development of social competence, the role of deliberate self-development, and perspectives on the use of intoxicants. Program materials used in the *Make the Most of You* campaign can be applied in educational, recreational, and family settings, and include 24 television commercials, *Zoot: The Magazine*, 20 posters, 15 printed advertisements, and a series of 6-page pamphlets on the themes of developing independence, peer influence, role modelling, social competence, making the most of you, and parents, kids, drugs, and booze.
- Suggested Use:** Recreational or educational setting. Many of the materials are also suitable for family discussion.
- Available From:** Alberta Alcohol and Drug Abuse Commission
Production and Distribution
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7319

- Title:** **Making Decisions II: Choosing a Drug-Free Lifestyle**
- Subject:** Decision-making
- Target Group:** Grades 7-8
- Format:** Loose-leaf binder, 71 p.
- Date of Publication:** 1988
- Publisher/Producer:** Alcohol-Drug Education Service
- Description:** *Making Decisions II* extends the decision-making process introduced in the Grade 6 program (*Making Decisions: An Approach to Prevention*), by showing how goals, priorities, and a positive self-image can have a beneficial effect on decisions. The program can stand on its own and provides activities to enhance self-confidence throughout. *Making Decisions II* has been recommended for classroom use by the BC Ministry of Education. In-service training is available by contacting the Alcohol-Drug Education Service.
- Suggested Use:** Classroom or other educational setting
- Available From:** Alcohol-Drug Education Service
96 East Broadway, Suite 302
Vancouver, BC
V5T 1V6
(604) 874-3466

- Title:** Making Healthy Choices: Wellness as a Way of Life
- Subject:** Decision-making
- Author:** Bunnell, Steve
- Target Group:** Grades 4-10
- Format:** Twenty posters
- Date of Publication:** 1987
- Publisher/Producer:** J. Weston Walch
- Description:** The posters take in a variety of activities in the course of one regular day. They establish the relationship between wellness and a healthy mind and body. Emphasis is placed on taking responsibility for all aspects of one's wellness, e.g. care of the body, handling stress, exercise, diet, and relaxation. Wellness is presented as the result of choices that are made every day.
- Suggested Use:** Classroom or other educational setting
- Available From:** J. Weston Walch
P.O. Box 658
Portland, ME 04104-0658
(207) 772-2846

- Title:** Me and My Friends and Our Booze
- Subject:** Alcohol
- Target Group:** Grades 8-12
- Format:** Video teaching package includes 30-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, storybook, buttons, and stickers.
- Date of Publication:** 1984
- Publisher/Producer:** Addiction Research Foundation
- Description:** Using an original sound track, this video is the story of a high school rock group which gathers regularly to rehearse in a neighbor's garage. When a film producer arrives to make a commercial featuring the kids, they are surprised to learn that some of the effects they see in advertisements do not resemble real life experiences with alcohol. The videotape contains several vignettes in addition to the main plot. Some of the topics covered include the physical effects of alcohol, refusing to ride with an intoxicated driver, and saying 'no' to a drink.
- Suggested Use:** Classroom or other educational setting
- Available From:** Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

Title:	Mock Trial Kit
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Mock Trial resource binder, 141 p.; student criminal trial booklet, 21 p.; Mock Trial case notes binder
Date of Publication:	1981, revised 1987
Publisher/Producer:	Legal Resource Centre
Description:	The purpose of this teaching resource is to provide teachers with sufficient information to enable them to conduct a mock trial with their students. Consisting of three parts, the kit includes a step-by-step guide to conducting a mock trial, background information on the principles and rules of criminal trials, scripts for students to use during the trial, and a set of notes containing facts and points of law that are relevant to the case being tried. Educators can select from three different cases in 'The Mock Trial Case Notes.'
Suggested Use:	High school law classes
Available From:	Legal Resource Centre Trade Centre South 10047-81 Avenue Edmonton, AB T6E 1W7 (403) 432-5732

Title: **Mood-Altering Chemicals**

Subject: Drugs

Target Group: Grades 9-12

Format: Book, 59 p., also available as individual pamphlets

Date of Publication: 1987

Publisher/Producer: Wisconsin Clearinghouse on Drug and Alcohol Information

Description: *Mood-Altering Chemicals* lists 13 groups and individual mood-altering drugs. It describes for each drug or group of drugs the appearance, history, hazards, effects on the unborn, and legal aspects. The information is also available in individual pamphlets.

Suggested Use: Independent learning

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** The Open Flame
- Subject:** Drugs
- Author:** Citron, Paula, and Hoyes, Mima
- Target Group:** Grades 6-8
- Format:** VHS color videotape, 37 min.; manual for theatre arts teachers, 35 p.; classroom activities, 23 p.
- Date of Publication:** 1989
- Publisher/Producer:** North York Board of Education
- Description:** *The Open Flame* teaching package aims to prevent drug and alcohol abuse among young people. The video and support materials use a variety of techniques to illustrate the effects of drugs, the influences the media and peers have on attitudes towards drugs, and strategies to successfully overcome pressure to try drugs. Two teacher guides accompany the video: a manual for theatre arts teachers who are interested in launching their own production, and a collection of classroom activities teachers can use to reinforce the messages presented in the video.
- Suggested Use:** Classroom or other educational setting
- Available From:** North York Board of Education
Resource Services
5 Bluehaven Crescent
North York, ON
M9M 1W6
(416) 744-2731

Title: P.L.U.S. II

Subject: Drugs, alcohol

Target Group: Grades 7-8

Format: Book, 123 p.

Date of Publication: 1985

Publisher/Producer: Alcohol and Drug Concerns, Inc.

Description: *P.L.U.S. II (Positive Life Using Skills)* is a drug and alcohol prevention program for Grades 7 and 8. Building on *P.L.U.S. I* (for Grades 4-6), the program aims to discourage experimentation and/or use of psychoactive drugs, to foster healthy, balanced lifestyle decisions, and to promote non-use as a viable alternative. The curriculum is divided into 10 units and addresses topics such as self-image, friendship, effects of drugs, and lifestyle choices. The activities in each unit are sequential and include background information and support material for the teacher.

Suggested Use: Classroom or other educational setting

Available From: Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, ON
M1P 4S7
(416) 293-3400

- Title:** Peer-Assisted Learning: Smoking Prevention Programme (P.A.L.)
- Subject:** Tobacco
- Target Group:** Grades 6-8
- Format:** Teacher's guide, 40 p.; loose pages with lesson plans, parents' pamphlet, poster, program information for principal's pamphlet
- Date of Publication:** 1986
- Publisher/Producer:** Health and Welfare Canada
- Description:** *The Peer-Assisted Learning (P.A.L.) Smoking Prevention Programme* uses a psycho-social approach to smoking. The eight lesson plans and teacher's guide emphasize the positive aspects of 'not smoking' rather than the negative factors associated with smoking. Group work and peer interaction are also emphasized. Students form small discussion groups in which they remain for the duration of the program. In their small groups students have an opportunity to discuss their feelings and opinions and to acquire reasons that are personally meaningful for not smoking. Some of the activities carried out in the small groups include: a discussion of reasons young people smoke, an examination of the influence of tobacco advertising, the development of non-smoking posters, and role-playing a 'no' response to the offer of a cigarette.
- Suggested Use:** Classroom or other educational setting
- Available From:** Health and Welfare Canada
Publications Unit
Health Services and Promotion Branch
Jeanne Mance Building, 5th Floor
Tunney's Pasture
Ottawa, ON
K1A 1B4
(613) 954-8576

Title: Peer Helper Training Manual

Subject: Decision-making

Target Group: Grades 9-12

Format: Loose-leaf, 93 p.

Date of Publication: 1985

Publisher/Producer: National Institute of Mental Health

Description: The *Peer Helper Training Manual* aims to assist school guidance counsellors in planning, developing, and implementing programs to teach youth how to help their peers with academic, social, and personal problems. The manual includes techniques and activities on program preparation, training, communication and helping skills, and evaluation.

Suggested Use: Educational and recreational settings

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** Peer Support
- Subject:** Decision-making
- Target Group:** Grades 9-12
- Format:** Teacher's guide, binder, 213 p.; training plan, spiral-bound, 195 p.
- Date of Publication:** 1986
- Publisher/Producer:** Alberta Alcohol and Drug Abuse Commission
- Description:** The program consists of two manuals: *Teacher's Resource* and *Designing Interpersonal Skills - A Training Plan*. The guide book for teachers provides information on starting and running peer support programs in school settings. *Designing Interpersonal Skills - A Training Program* includes outlines for 12 one-and-a-half-hour training sessions, masters for handouts, and background information for peer coaches. The program involves students in selecting, designing, and managing learning experiences which develop skills that are personally meaningful. Through these experiences students attain new levels of confidence and competence and the ability to recognize and manage difficulties they and their friends may have.
- Suggested Use:** Educational and recreational settings
- Available From:** Alberta Alcohol and Drug Abuse Commission
Program Resource Development
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

- Title:** Peers Helping Peers
- Subject:** Decision-making
- Target Group:** Grades 9-12
- Format:** Core Team Training: Facilitator's Guide, binder 129 p.; Participant's Handbook, binder 37 p.; Peer Team Training: Facilitator's Guide, binder 125 p.; Participant's Handbook, binder 50 p.
- Date of Publication:** Core Team Manuals 1987
Peer Team Manuals 1988
- Publisher/Producer:** Saskatchewan Alcohol and Drug Abuse Commission
- Description:** The program has two levels of training: Core Team training and Peer Team training. A facilitator's guide and a participant's handbook are available for each level of training. Core Teams which may include a total of 5-10 students, teachers, parents, and administrators, are trained to promote, establish, and maintain a peer support program and are introduced to topics that will be covered in peer team training. Peer Team students are selected and with key Core Team members, take training in creating positive environments, choosing healthy lifestyles, appreciating adolescence, learning new life skills, and using positive peer pressure. Workshops are interactive and include experiential exercises.
- Suggested Use:** Classroom or other educational setting
- Available From:** Saskatchewan Alcohol and Drug Abuse Commission
3475 Albert Street
Regina, SK
S4S 6X6
(603) 787-4079

Title: Prince Edward Island Allied Youth Program on Marijuana

Subject: Drugs

Author: Smith, Hutchison, and Charlton

Target Group: Grades 7-8

Format: Loose-leaf binder, 83 p.

Date of Publication: 1983

Publisher/Producer: P.E.I. Department of Community and Cultural Affairs

Description: This manual includes instructions for delivering the *Prince Edward Island Allied Youth Program on Marijuana*, lesson plans and masters for handouts, a review of teaching strategies, and background information on marijuana and other drugs.

Suggested Use: Peer education programs in school or recreational settings

Available From: Government of P.E.I.
Community and Cultural Affairs
P.O. Box 2000
11 Kent Street
Charlottetown, PE
C1A 7N8
(902) 892-0311

Title: Ready for the Road

Subject: Impaired driving

Target Group: Grades 9-12

Format: Envelope containing *Who Says?* 1 p; *What's It To Me?* 10 p.; and *A Friend for Life*, 8 p.

Date of Publication: 1984

Publisher/Producer: Alcohol and Drug Concerns, Inc.

Description: This information kit addresses drinking and driving issues pertaining to youth. It includes: 1) *Who Says?* - a pamphlet explaining the effects of alcohol and other drugs on driving abilities; 2) *What's It To Me?* - a booklet containing facts about the law; the effect of losing your driver's licence; insurance premiums after a conviction; and the high cost of human suffering caused by an impaired driving accident; 3) *A Friend for Life* - a comic book about a group of teenagers, drinking and driving; and 4) *What Do You Know? What Do You Think?* - a 12-item quiz on alcohol and driving skills.

Suggested Use: Classroom or other educational setting

Available From: Alcohol and Drug Concerns, Inc.
11 Progress Avenue, Suite 200
Scarborough, ON
M1P 4S7
(416) 293-3400

- Title:** **Safe Passage**
(Also available in French)
- Subject:** Drugs, fetal alcohol syndrome
- Target Group:** Grades 9-12
- Format:** Booklet, 12 p.
- Date of Publication:** 1982
- Publisher/Producer:** The Easter Seal Society
- Description:** *Safe Passage* discusses some of the factors which contribute to high-risk pregnancies. Some of these factors are the age of the mother, nutrition, maternal illness or disease, and the use of alcohol, tobacco, and other drugs during pregnancy.
- Suggested Use:** General reference
- Available From:** The Easter Seal Society
24 Ferrand Drive
Don Mills, ON
M3C 2N2
(416) 421-8377

Title: The Score on Cannabis

Subject: Drugs

Target Group: Grades 8-11

Format: Video teaching package contains 30-minute color video cassette (available in VHS, Beta, or 3/4 in. U-Matic), teacher's guide, photo stories, buttons, and stickers.

Date of Publication: 1984

Publisher/Producer: Addiction Research Foundation

Description: This drama tells the story of a group of high school students who find their after-school diversion in the local video game hangout. During the organized playoffs, one of the contenders unknowingly consumes cannabis. The drug slows down his reaction time and contributes to his losing the match. Through the experiences of the video game championship, the video introduces information on cannabis, effects on the body, peer influence, and interpersonal relationships.

Suggested Use: Classroom or other educational setting

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** Skills for Adolescence
- Subject:** Drugs
- Target Group:** Grades 6-8
- Format:** Three-ring binder
- Date of Publication:** 1985
- Publisher/Producer:** Quest International (a joint project of Lions International and Quest International)
- Description:** *Skills for Adolescence* is a comprehensive program that involves parents, the community, and the school in assisting young people in developing skills and attitudes that will help them to feel good without using alcohol or other drugs. The major part of the program is a curriculum that stresses self-awareness, setting goals, and making responsible decisions. The material is organized into seven units which can be integrated into language arts, health, and social studies classes. One of the unique features of *Skills for Adolescence* is the teacher training workshop that is required in order to implement the program in the school.
- Suggested Use:** Classroom or other educational setting
- Available From:** In Ontario:
Mr. William Moody
Box 429
Mount Forest, ON
N0G 2L0
Home: (519) 338-2730
Quest: (800) 265-2680

Title: Smoking and Me

Subject: Tobacco

Author: Gray, Elspeth M.

Target Group: Grades 7-8

Format: Book, 83 p.

Date of Publication: 1984

Publisher/Producer: Health Education Council

Description: *Smoking and Me* contains five lessons on smoking in which students take an active role in the learning process. The program uses student-led discussions and role-play situations to examine topics such as the social and health consequences of smoking, factors that influence people to begin smoking, the rights of smokers and non-smokers, and strategies to resist pressure to start smoking. In addition to the lesson plans, the program includes background information on peer-led discussions and references on smoking and related issues.

Evaluation: Results of evaluation can be obtained from the address below.

Suggested Use: Classroom or other educational setting

Available From: Smoking Education for Teenagers (SET)
Research Project, Unit 22
Berkeley Square
Bristol, BS8 1MP, England
Telephone: (0272) 24161 Extension Monarch 389

- Title:** Straight Stuff
- Subject:** Drugs
- Author:** Durrant, Ric
- Target Group:** Grades 9-12
- Format:** Folder with six articles and one discussion guide
- Date of Publication:** 1987
- Publisher/Producer:** Alberta Alcoholism and Drug Abuse Commission
- Description:** *Straight Stuff* is an information package containing six articles on drugs and alcohol and a discussion guide for parents and teachers. The articles are reprints of columns which originally appeared in the AADAC periodical *Zoot: The Magazine*. Examples of the topics dealt with are: what a drug is, why people use drugs, and the difference between drug use and abuse.
- Suggested Use:** Classroom or other educational setting
- Available From:** Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

Title: **Teen Action: Grade 7**

Subject: Caffeine, nicotine, alcohol

Author: Gibb, Sharon

Target Group: Grade 7

Format: Teacher resource guide, 39 p.; student booklet, 32 p.

Date of Publication: 1986

Publisher/Producer: Alberta Alcohol and Drug Abuse Commission

Description: *Teen Action* is a student-centred alcohol and other drug resource that promotes learning, decision-making skills, and social competence for today's youth in the sphere of their families and community. Consisting of a student booklet and a teacher resource guide, the materials feature teenagers in scenarios involving drugs and alcohol. In *Teen Action Grade 7* caffeine, nicotine, alcohol, and risk-taking are covered. Some of the techniques used in the seven 45-minute lessons are: questions and answers, exercises in decision-making, and personal anecdotes delivered by *Teen Action* characters.

Suggested Use: Classroom setting

Available From: Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 7th Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

- Title:** Teen Action: Grade 8
- Subject:** Impaired driving, alcohol, cannabis
- Author:** Gibb, Sharon
- Target Group:** Grade 8
- Format:** Teacher resource guide, 41 p.; student booklet, 32 p.
- Date of Publication:** 1986
- Publisher/Producer:** Alberta Alcohol and Drug Abuse Commission
- Description:** *Teen Action Grade 8* is a student-centred alcohol and other drug resource that promotes learning, decision-making skills, and social competence for today's youth in the sphere of their families and community. Consisting of a student booklet and a teacher resource guide, the materials feature teenagers in scenarios involving drugs and alcohol. In *Teen Action Grade 8* drinking and driving, marijuana, and alcohol problems are covered. Some of the techniques used in the seven 45-minute lessons are: questions and answers, exercises in decision-making, and personal anecdotes delivered by *Teen Action* characters.
- Suggested Use:** Classroom setting
- Available From:** Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 7th Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

Title:	Tell Someone
Subject:	Alcohol
Target Group:	Grades 9-12
Format:	Four-minute video; booklet, 24 p.; teacher's guide, 26 p.
Date of Publication:	1987
Publisher/Producer:	Alcohol and Drug Recovery Association of Ontario
Description:	Children growing up in families where one or both parents are alcoholic experience a range of feelings regarding their parents' drinking. At different times they may feel confusion, anger, shame, guilt, fear, helplessness, or loneliness. <i>Tell Someone</i> explores these feelings and provides information on why the alcoholic behaves the way he/she does. Children from substance-abusing families are encouraged to talk to someone about their concerns and to get help handling the problem.
Suggested Use:	Not suitable for general classroom use. Should be used in settings where support is available to assist children from families where substance abuse is a problem.
Available From:	Alcohol and Drug Recovery Association of Ontario 1225 King Street East, Suite 3 Cambridge, ON N3H 3P9 (519) 650-1140

- Title:** Tracking the Good Times
- Subject:** Decision-making
- Author:** MacDonald, W., and Ross, K.
- Target Group:** Grades 7-9
- Format:** Spiral-bound, 57 p.
- Publisher/Producer:** Alberta Alcohol and Drug Abuse Commission
- Description:** *Tracking the Good Times* is a workbook for young people who are interested in examining their leisure activities and skills. The workbook is organized into three main sections: Attitudes and Influences, Needs, and Planning. Within each section are exercises and information that have been designed to assist teenagers in selecting activities that are enjoyable and personally rewarding.
- Suggested Use:** Educational and recreational settings
- Available From:** Alberta Alcohol and Drug Abuse Commission
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7301

Title: Tuning In to Health: Alcohol and Other Drug Decisions for Junior High Students

Subject: Drugs

Target Group: Grades 7-9

Format: Folder containing loose-leaf pages

Date of Publication: 1986

Publisher/Producer: Alcoholism Foundation of Manitoba

Description: The junior high modules of *Tuning In to Health* contains 35 lesson plans which are suitable for Grades 7, 8, or 9. Each plan consists of student objectives, a resource list, activity sheets, instructions for the teacher, and a summary of the learning objectives. The lessons are organized into four units: Alcohol, Tobacco, Over-the-Counter and Prescription Drugs, and Other Drugs. It is recommended that teachers deliver eight lessons per year, which can be selected from any of the four units.

Suggested Use: Classroom or other educational setting

Available From: Alcoholism Foundation of Manitoba
1031 Portage Avenue
Winnipeg, MB
R3G 0R9
(204) 944-6200

- Title:** A Week in the Life of ...
- Subject:** Decision-making
- Target Group:** Grades 7-10
- Format:** 2 diskettes (TV Ontario Product Number: 01281c1.1 and 0128k2.1), student notebook, bulletin board, database/library. Computer software is compatible with 512K 1CON, Apple IIGS, MS-DOS.
- Publisher/Producer:** Interactive Image Technologies
- Description:** *A Week in the Life of ...* is a narrative simulation designed to encourage adolescent decision-making skills. Students choose one of four very different characters to follow through a hectic week, directing the character's actions in a variety of situations. The simulation offers a framework for resolving typical health and social concerns encountered by teenagers (i.e. smoking, nutrition, time-management, conflict, etc.) and provides a forum for discussing embarrassing or potentially difficult situations, including AIDS, drugs, sex, and other issues many teachers find difficult to address. The results of decisions are reflected in the subsequent events of the simulation. Students learn that all actions have consequences and that they can make responsible decisions. *A Week in the Life of ...* includes a student notebook, a bulletin board, and an extensive database/library. A tracking system gives students a 'footprint' of the decisions they made while playing the simulation. Whenever a problematic issue arises, the user will be encouraged to consult the 'library' – a built-in, readily accessible database. This simulation was developed for use with Ontario curricula. The Ontario Ministry of Education has obtained a site licence for its use in all Ontario schools.
- Suggested Use:** Self-learning tool suitable for use in health, guidance, and life-skills classes.
- Available From:** Interactive Image Technologies
49 Bathurst Street, Suite 400
Toronto, ON
M5V 2P2
(416) 361-0333

Title: What's There to Do Besides Drugs? Lots!

Subject: Drugs

Author: Scott, Cynthia, and Yoast, Richard

Target Group: Grades 5-8

Format: Coloring book, 20 p.

Date of Publication: 1985

Publisher/Producer: Wisconsin Clearinghouse on Drug and Alcohol Information

Description: This coloring book offers 16 ready-to-color drawings of activities that do not involve drugs, as well as space for children to draw their own favorite activities.

Suggested Use: Classroom use

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** With Friends Like That
- Subject:** Drugs, alcohol
- Target Group:** Grades 6-9
- Format:** Videotape, 18 min.; teacher's guide, 24 p.
- Date of Publication:** 1984
- Publisher/Producer:** Ontario Association of Chiefs of Police, Ontario Ministry of Education
- Description:** *With Friends Like That* is the true story of a young girl named Laurie who began experimenting with alcohol and other drugs when she was 13 years old. In time her substance abuse led to other problems such as stealing, truancy, sexual promiscuity, involvement with the police, and the loss of important relationships with her family and friends. Now Laurie is trying to rebuild her life. She realizes that she has made a number of bad decisions and she must stop seeing her drug-using friends. Norman Panzika, a consultant in the drug abuse field, narrates *With Friends Like That*, and TV personality Mr. T provides introductory and closing remarks. A teacher's guide containing an introductory lesson and follow-up activities is also available. To arrange for a viewing of *With Friends Like That* teachers can contact their local police force and request an officer to visit their classroom.
- Suggested Use:** Classroom or other educational setting
- Available From:** Local police force in Ontario

Title: You Asked for It

Subject: Alcohol, drugs

Author: Yoast, Richard, et al.

Target Group: Grades 9-12

Format: Booklet, 25 p., illustrated

Date of Publication: 1985

Publisher/Producer: Wisconsin Clearinghouse on Drug and Alcohol Information

Description: *You Asked for It* provides basic facts on alcohol, other drugs, and teenagers, with special attention to alcohol and marijuana. It also deals with drugs and driving, school, health, and current controversies.

Suggested Use: Independent learning, use at home and at school

Available From: Wisconsin Clearinghouse on
Drug and Alcohol Information
P.O. Box 1468
Madison, WI 53701
(608) 263-2797

- Title:** **You Can't Get Away from You**
- Subject:** Alcohol
- Author:** Hindle, Ron
- Target Group:** Grades 6-10
- Format:** Book, 42 p.
- Date of Publication:** 1987
- Publisher/Producer:** Addiction Research Foundation
- Description:** *You Can't Get Away from You* is a theatrical presentation which examines the effects of alcohol on two teenagers and their families. Developed as a means of involving students in the process of learning about alcohol, the manual includes discussion questions and activities drawn from issues raised in the play. A note in the introduction to the play indicates the presentation can be used in a variety of ways, ranging from a full production to a quick reading.
- Suggested Use:** Theatre arts classes or as an extracurricular activity
- Available From:** Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** Alcohol and Drug Policies: A Guide for School Boards
(Also available in French)
- Subject:** Alcohol, drugs
- Format:** Cerlox-bound booklet, 35 p.
- Date of Publication:** 1988
- Publisher/Producer:** Addiction Research Foundation
- Description:** This guide provides background information on drug and alcohol use among adolescents and young adults, and the role school boards can play in preventing substance abuse problems. An example of a school policy is included as well as information on the policy's three components: preventive curriculum, early intervention, and disciplinary action.
- Suggested Use:** As a reference for school boards and teachers
- Available From:** Addiction Research Foundation
Bookstore*
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

* Or the Addiction Research Foundation office in your area.

- Title:** Children of Alcoholics: Meeting the Needs of the Young COA in the School Setting
- Subject:** Alcohol
- Author:** Morehouse, Ellen R., and Scola, Claire M.
- Format:** Booklet, 30 p.
- Date of Publication:** 1986
- Publisher/Producer:** NACoA: National Association for Children of Alcoholics
- Description:** The book is divided under the following headings: Characteristics of Children of Alcoholics; Crucial Issues in Alcohol Education and Prevention; Identification of Children of Alcoholics in the School; Providing Counseling and Intervention; Using Local Resources; Reference Works.
- Suggested Use:** General reference
- Available From:** NACoA: National Association for Children of Alcoholics
31706 Coast Highway, Suite 201
South Laguna, CA 92677
(714) 499-3889

Title: Directory of Alcohol and Drug Treatment Resources in Ontario

Subject: Drugs, alcohol

Format: Book

Date of Publication: 1989

Publisher/Producer: Addiction Research Foundation

Description: This comprehensive directory describes more than 350 agencies in Ontario which provide services for alcohol- and other drug-dependent clients. Each entry lists full particulars of the facility, number of beds, intake policy, area served, and other pertinent information. Indexes in the back of the directory facilitate location of services by geographic location, program, and client type.

Suggested Use: General reference

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** Drug and Alcohol Law for Canadians
- Subject:** Law
- Author:** Solomon, R., Hammond, T., and Langdon, S.
- Format:** Handbook, 119 p.
- Date of Publication:** 1986 (second edition)
- Publisher/Producer:** Addiction Research Foundation
- Description:** This handbook provides basic information about the drug and alcohol laws of Canada, the related Ontario legislation, and the legal consequences of their violation. It is written in 'lay' terms and most chapters include questions and discussion materials.
- Suggested Use:** Classroom or other structured setting; resource for teachers or driver education instructors and other interested adults.
- Available From:** Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** Drugs and Drug Abuse - A Reference Text
- Subject:** Drugs
- Author:** Jacobs, M.R., and Fehr, K.O.
- Format:** Book, 666 p.
- Date of Publication:** 1987 (second edition)
- Publisher/Producer:** Addiction Research Foundation
- Description:** Divided into five sections, this book has an introductory chapter, 'Understanding Drug Use,' which is followed by chapters on the various classes of drugs and the specific drugs that are the most popular in North American society. There follow two sections that deal with drugs of less significance in the overall drug picture, but ones that may be encountered by the professional from time to time. A glossary of terminology and an index of trade names for Canadian and U.S. products are also included.
- Suggested Use:** General reference
- Available From:** Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** The Legal Rights, Powers and Obligations of Educators Regarding Student Alcohol and Drug Use
(Also available in French)
- Subject:** Alcohol, drugs
- Author:** Solomon, Robert
- Format:** Cerlox-bound booklet, 25 p.
- Date of Publication:** 1988
- Publisher/Producer:** Addiction Research Foundation
- Description:** This detailed guide covers complex legal issues. It was written by Canada's leading expert in drug-related laws and is intended as a companion volume to *Alcohol and Drug Policies: A Guide for School Boards*.
- Suggested Use:** As a reference for teachers and principals
- Available From:** Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** Prevention Plus: Involving Schools, Parents and the Community in Alcohol and Drug Education
- Subject:** Drugs
- Format:** Book, 324 p.
- Date of Publication:** 1983
- Publisher/Producer:** National Institute on Alcohol Abuse and Alcoholism
- Description:** This guide walks the reader through a comprehensive approach to alcohol and drug abuse prevention. It starts with curricula, moves to programs for parents and community members, discusses intervention that may be needed if the curricula and other prevention programs are to be successful, and deals with policies that can support or impede these efforts. Examples of program materials are provided as well as a description of each program's philosophy, objectives, and implementation steps.
- Suggested Use:** General reference
- Available From:** U.S. Department of Health and Human Services
Public Health Services
Alcohol, Drug Abuse and
Mental Health Administration
5600 Fishers Lane
Rockville, MD 20857
(301) 468-2600

Title: Schools without Drugs

Subject: Drugs

Target Group: Educators

Format: Booklet, 78 p.

Date of Publication: 1987

Publisher/Producer: U.S. Department of Education

Description: Developed by the U.S. Department of Education, this guide explains how extensive and dangerous drug use is, how it starts and progresses, and how to identify a drug problem. It also recommends strategies and describes model programs for reducing drug use among students.

Suggested Use: General reference

Available From: Schools without Drugs
Pueblo, CO 81009

- Title:** **Smoke-Free Spaces for Kids**
(Also available in French)
- Subject:** Tobacco
- Format:** Program guide booklet, 6 p.; incentive program pamphlet, 'Smoke-Free Space' desk card, Certificate of Recognition, 'Smoke-Free Workplace' window sticker
- Date of Publication:** 1989
- Publisher/Producer:** Canadian Heart Foundation
- Description:** *Smoke-Free Spaces for Kids* is a program designed to reach kids through those adults who serve as their role models (school officials), and those who control the environment in which children work and play (youth exemplars). The program objectives are to promote non-smoking as the norm, motivate adults who work with young people to set a non-smoking example in spaces where kids are frequent visitors, and create environments where it is OK not to smoke. Incentive items are available to adult role models for creating smoke-free space and arranging education-related activities.
- Suggested Use:** As a resource for school administrators to encourage the adoption of smoke-free spaces for school-age children
- Available From:** Heart and Stroke Foundation
Metro Toronto Chapter*
477 Mt. Pleasant Road, 4th Floor
Toronto, ON
M4S 2L9
(416) 489-7100

* Or the Heart and Stroke Foundation in your area.

- Title:** **Statistics on Alcohol and Drug Use in Canada and Other Countries – Volume I – Statistics on Alcohol Use**
- Subject:** Alcohol
- Format:** Book, 407 p.
- Date of Publication:** 1989
- Publisher/Producer:** Addiction Research Foundation
- Description:** Based on data available by September 1988, this book contains statistics on the nature, extent, and consequences of alcohol use in Canada and elsewhere in the world.
- Suggested Use:** General reference
- Available From:** Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

Title: Statistics on Alcohol and Drug Use in Canada and Other Countries – Volume II – Statistics on Drug Use

Subject: Drugs

Format: Book, 526 p.

Date of Publication: 1989

Publisher/Producer: Addiction Research Foundation

Description: Based on data available by September 1988, this book contains statistics on the use, nature, and extent of drug use in Canada and elsewhere in the world.

Suggested Use: General reference

Available From: Addiction Research Foundation
Bookstore
33 Russell Street
Toronto, ON
M5S 2S1
(416) 595-6059

- Title:** Theatre for Education and Change
- Subject:** Drugs, alcohol
- Author:** Selman, Jan
- Format:** Booklet, 48 p.
- Publisher/Producer:** Alberta Alcohol and Drug Abuse Commission
- Description:** *Theatre for Education and Change* is presented as a tool for promoting awareness and identification of conflicts and problems. It defines what theatre can and cannot do, ways to use theatre and drama, and how to do it well, and it lists resources, sample workplans, promotion strategies, and a glossary of theatre terminology.
- Suggested Use:** High school theatre arts classes, community groups
- Available From:** Alberta Alcohol and Drug Abuse Commission
Production and Distribution
10909 Jasper Avenue, 2nd Floor
Edmonton, AB
T5J 3M9
(403) 427-7319

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